





Recommended Maximum Meals Each Year for Maryland Waters

Recommendation based on 8 oz (0.227 kg) meal size, or the edible portion of 9 crabs (4 crabs for children)

Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children

NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 American Eel	Anacostia River	15	11	8	PCBs - risk driver
	Back River	AVOID	AVOID	AVOID	Pesticides***
	Bush River	47	35	27	PCBs - risk driver
	Middle River	13	9	7	
	Northeast River	27	21	16	
	Patapsco River/Baltimore Harbor	AVOID	AVOID	AVOID	
	Patuxent River	26	20	15	
	Potomac River (DC Line to MD 301 Bridge)	15	11	9	
	South River	37	28	22	
 Black Crappie	Centennial Lake	No Advisory	No Advisory	No Advisory	Methylmercury - risk driver
	Lake Roland	12	12	12	Pesticides*** - risk driver
	Liberty Reservoir	96	48	48	Methylmercury - risk driver
	Tuckahoe Lake	No Advisory	93	56	
	Upper Potomac: DC Line to Dam #3	64	49	38	PCBs - risk driver
	Upper Potomac: Dam #4 to Dam #5	77	58	45	PCBs & Methylmercury - risk driver
 Blue Crab (1 meal equals 9 crabs) (for children: 4 crabs)	<u>Crab meat</u> Patapsco River/Baltimore Harbor	96	96	24	PCBs - risk driver
	<u>Crab "mustard"</u> Middle River	DO NOT CONSUME			
	Mid Bay: Middle to Patapsco River	"MUSTARD"			
	Patapsco River/Baltimore Harbor	Eat Sparingly			
	Other Areas of the Bay				
 Brown Bullhead	Anacostia	51	39	30	PCBs - risk driver Pesticides***
	Back River	33	25	20	
	Middle River	37	28	22	
	Northeast River	29	22	17	
	Patapsco River/Baltimore Harbor	17	13	10	
	South River	No Advisory	No Advisory	88	

* **Women** = of childbearing age (women who are pregnant or may become pregnant, or are nursing)

** **Children** = all young children up to age 6

*** **Pesticides** = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)




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 Channel Catfish	Anacostia	> 10" 9	7	5	PCBs - risk driver Pesticides***
	Back River	6	AVOID	AVOID	
	Bohemia River	12	9	7	
	Bush River	13	10	8	
	Chester River	29	22	17	
	Choptank River	52	39	30	
	Elk River (including C&D Canal)	7	5	AVOID	
	Gunpowder River	15	11	9	
	Middle River	> 18" AVOID	AVOID	AVOID	
	Nanticoke River	89	68	52	
	Northeast River	19	14	11	
	Patapsco River/Baltimore Harbor	AVOID	AVOID	AVOID	
	Patuxent River	33	25	19	
	Pocomoke River	96	73	57	
	Potomac River				Methylmercury - risk driver
	Dam #5 to Dam #4	> 18" 36	29	18	
		< 18" No Advisory	93	56	PCBs - risk driver
	Dam #4 to Dam #3	< 18" 72	55	42	
	Dam #3 to DC Line	> 18" 28	21	16	
	DC Line to MD 301 Bridge	< 18" 14	10	8	
		> 18" 8	6	AVOID	
	Sassafras River	9	6	5	
	Susquehanna River				
	below Conowingo Dam	8	6	5	
	above Conowingo Dam	27	20	15	
 Common Carp	Back River	AVOID	AVOID	AVOID	PCBs - risk driver
	Lake Roland	29	22	17	
	Advisory for carp also apply to Bohemia, Bush, Elk (C&D Canal), Gunpowder, Northeast, Patapsco, and Potomac Rivers since elevated PCB levels in these locations are likely.				
 Small and Largemouth Bass	Statewide: all publicly accessible impoundments	48	48	24	Methylmercury - risk driver
	Lake Lariat, Big Piney and Savage Reservoirs; Potomac River @ Spring Gap	12	12	AVOID	Methylmercury - risk driver
	Statewide: all rivers and streams	No Advisory	96	96	Methylmercury - risk driver
	Lake Roland - Largemouth Bass	24	24	24	PCBs; Pesticides*** - risk driver
	Above advisory for lakes and impoundments also apply to pickerel, northern pike, and walleye. Specific walleye recommendations can be found below.				

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		General Population	Women*	Children**		
		8 oz meal	6 oz meal	3 oz meal		
 Spot	South River	50	38	29	PCBs - risk driver	
 Striped Bass	Chesapeake Bay and Tributaries < 28" May 16 - December 15 > 28" April 15 - May 15	USE SEASONAL INFORMATION			PCBs - risk driver (Methylmercury - low levels observed)	
		24	12	12		
		12	10	8		
 Sunfish including Bluegill	Statewide: all publicly accessible lakes and impoundments	96	96	96	Methylmercury - risk driver	
	Anacostia	36	27	21	PCBs - risk driver	
	Antietam	17	13	10		
	Conowingo Pool	88	67	52		
	Centennial Lake	78	63	38	Methylmercury - risk driver	
	Lake Habeeb	No Advisory	No Advisory	No Advisory		
	Statewide: all rivers and streams	No Advisory	No Advisory	No Advisory		
 Trout	Antietam Creek (Funkstown Bridge to Mouth)	10	8	6	PCBs - risk driver	
	Jones Falls	No Advisory	No Advisory	85	Methylmercury - risk driver	
	Savage River	93	76	45		
 Walleye	Jennings Randolph Reservoir	51	42	25	Methylmercury - risk driver	
	Savage River Reservoir	7	AVOID	AVOID		
	Youghiogheny River Lake	28	23	14		
 White Catfish	Patapsco River/Baltimore Harbor	AVOID			PCBs - risk driver Pesticides***	
	Lower Potomac River (DC Line to MD 301 Bridge)	< 18"	17	13		10
		> 18"	12	AVOID		AVOID

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 White Perch	Back River	15	12	9	PCBs - risk driver
	Bohemia River	23	17	13	
	Bush River	14	10	8	
	Chesapeake Bay:				
	Lower Western Shore including tributaries: Herring Bay, West, Rhode, South, Severn Rivers	35	27	21	
	Mid Bay (Middle through Patapsco River)	14	10	8	
	Chester River and Tributaries	No Advisory	No Advisory	80	
	Choptank River	No Advisory	No Advisory	91	
	Eastern Bay: Miles & Wye River	No Advisory	No Advisory	No Advisory	
	Elk River (including C&D Canal)	9	7	5	
	Gunpowder River	23	17	13	
	Liberty Reservoir	67	54	33	Methylmercury - risk driver PCBs - risk driver
	Magothy River	32	24	19	
	Manokin River	No Advisory	No Advisory	No Advisory	
	Middle River	15	11	8	
	Nanticoke River	No Advisory	No Advisory	No Advisory	
	Northeast River	16	12	9	
	Patapsco River/Baltimore Harbor	7	AVOID	AVOID	
	Patuxent River	No Advisory	No Advisory	74	
	Pocomoke River	No Advisory	No Advisory	79	
	Potomac River				
 Yellow Perch	MD 301 Bridge to Mouth DC Line to MD 301 Bridge	No Advisory	No Advisory	83	Methylmercury - risk driver
	Rhode & West Rivers	37	28	22	
	Sassafras River	32	24	19	
		24	18	14	
	Frostburg Reservoir and Deep Creek Lake	48	48	24	
	Piney Run Lake	No Advisory	No Advisory	67	
	Youghiogheny River Lake	80	65	39	
	Susquehanna River (mainstem)	29	22	17	PCBs - risk driver
	Gunpowder River	28	21	17	
	Bush River	49	37	29	

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